

# I'm doing something about my weight issues. And I'm feeling better already!

If you or someone in your family has a problem with excessive weight, we're here to help. You may be eligible for a powerful and effective weight control program, available at no charge as part of your Kentucky Employees Health Plan.

## It's an issue for many Kentuckians.

- Two-thirds of Kentuckians are either overweight or obese—about 38 percent are overweight and about 28 percent are obese.\*
- Kentucky ranks number one in the nation in the prevalence of overweight among high school aged youth (12 to 19).\*
- Excessive weight is the second leading cause of preventable disease in the United States.
- Excessive weight is linked to conditions such as heart disease, stroke, diabetes, hypertension, sleep apnea, osteoarthritis and some forms of cancer.

## There's help for you and your family.

A program called Why Weight Kentucky is available for adults and their children with overweight conditions. (It's part of the larger Informed Care Management program that helps with chronic conditions.) If you're ready to improve your health, we're ready to help you manage your weight and begin a new, healthier lifestyle today.

## A dedicated registered nurse for you.

If you or a family member qualifies for Why Weight Kentucky you will have access to a dedicated registered nurse. Your nurse will offer you support and education to help you achieve safe weight loss goals.

*Please turn over to learn more about the Why Weight Kentucky program.*



To see if you or a family member are eligible for the Why Weight Kentucky program:

**Call 1-877-KY-SPIRIT!  
(1-877-597-7474)**

Monday–Friday 8:30 am–9 pm Eastern time  
Saturday 9 am–2 pm Eastern time

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# Call to see if you are eligible: 1-877-KY-SPIRIT

## Over the course of several phone conversations, your nurse will:

- Discuss the causes and risks of excessive weight gain to one's health and the benefits of weight loss.
- Discuss the warning signs of your conditions and how achieving a healthier weight may help.
- Discuss the importance of being physically active and creating a customized exercise and healthy eating program with your doctor.
- Inform you about weight loss resources on the Internet or in your community.
- Suggest ways to overcome issues that may arise on your road to achieving your health goals.

## If you take certain prescription medications, you need to enroll in the program.

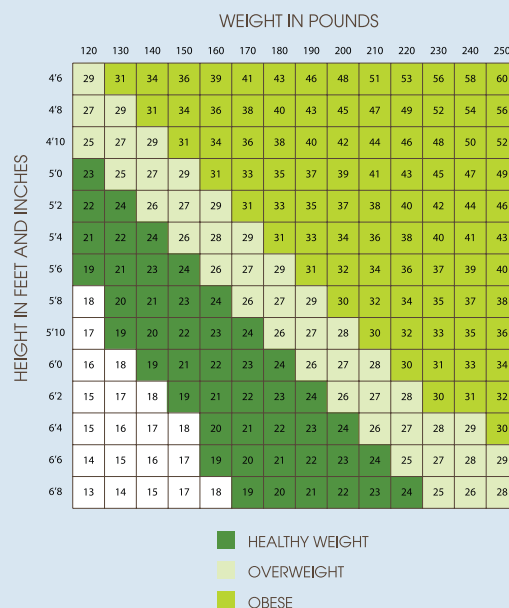
If you are taking one of the prescriptions listed below, you need to call and enroll so you can continue receiving your medications as a covered benefit.

Commonly prescribed prescriptions include but are not limited to:

- Orlistat (Xenical)
- Sibutramine (Meridia)
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- Phentermine (Adipex-P, Fastin, Ionamin, Oby-trim, Pro-Fast, Zantryl)
- Phendimetrazine (Bontril, Plegine, Prelu-2, X-Trozone, Adipost)
- Diethylpropion (Tenuate, Tenuate dospan)
- Benzphetamine (Didrex)

## Are you at a healthy weight?

Check your body mass index (BMI) by finding your height on the left of the chart and your weight on the top. Connect those two components in the middle of the chart and you will see in which area you fall—Healthy Weight, Overweight or Obese.



## The support and confidentiality you need.

The Why Weight Kentucky program does not replace your doctor or give medical advice. Instead, it provides valuable information and support to help you achieve and maintain a healthy weight. In addition, your personal health information will be kept strictly confidential.

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